

January '24

	Mental	Sensory	Emotional	Social	Creative	Spiritual	Physical
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Close your eyes, breathe deeply for 1 minute	2 Listen to your favorite song	3 Give someone a compliment	4 Find God in nature	5 Write a prayer based on the verse	6 Go for a walk
	7 Observe the people around you and pray for them	8 Turn off screens 1 hour before bed	9 Write down a moment you tried something new	10 Have a conversation with a friend	11 Take a picture that reminds you of the verse	12 Spend some time in nature	13 Spend 5 minutes stretching
	14 Spend some time in nature	15 Enjoy a favorite food	16 Spend time with a friend today (in person or on the phone)	17 Write down names of people who bring you peace	18 Spend 30 minutes away from a project or problem	19 Sign up to volunteer with an organization you value	20 Take a short nap
	21 Spend 1 hour unplugged (no technology)	22 Light a candle or sit with your favorite smell today	23 Respond honestly when someone asks "How are you?"	24 Observe or interact with an animal/pet	25 Find local art in your community	26 Write an affirmation based on the verse	27 Spend 5 minutes being still
	28 Stay off social media today	29 Spend some time in silence	30 Write about a time when you felt at rest	31 Reconnect with an old friend			

"He said to them, 'Come away to a deserted place all by yourselves and rest a while.' For many were coming and going, and they had no leisure even to eat."
Mark 6:31

"He said, 'My presence will go with you, and I will give you rest.'
Exodus 33:14

"I lie down and sleep; I wake again, for the Lord sustains me."
Psalm 3:5

"In vain you rise early and stay up late, toiling for food to eat - for he grants sleep to those he loves."
Psalm 127:2

"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."
Philippians 4:6-7